

# Pumpkin Muffin Squares - USDA Recipe B120

Meal Components: Grains

B12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7 3/4 oz	1 3/4 cups	15 1/2 oz	3 1/2 cups	<div>1. Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.</div>
Enriched bread flour	7 1/4 oz	1 1/2 cups 2 Tbsp	14 1/2 oz	3 1/4 cups	
baking powder		1 1/2 tsp		1 Tbsp	
Baking soda		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Nutmeg		1/2 tsp		1 tsp	
Ground ginger		1/2 tsp		1 tsp	
Brown sugar	13 1/3 oz	1 2/3 cups	1 lb 10 2/3 oz	3 1/3 cups	<div>2. Combine sugar and oil in a large bowl.</div>

Frozen whole eggs, thawed	1 1/2 oz	2 Tbsp 2 tsp	3 oz	1/3 cup	<b>3.</b> Add eggs and vanilla extract. Stir well.
Egg whites	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	<b>4.</b> Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
Pumpkin, canned	1 lb 4 oz	2 1/3 cups	2 lb 8 oz	1 qt 2/3 cups	
Golden Raisins	2 1/2 oz	1/3 cup	5 oz	2/3 cup	<b>5.</b> Fold in pumpkin and raisins. Stir well.
					<b>6.</b> Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.
					<b>7.</b> Bake until golden brown:
					<b>8.</b> Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

## Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 4 lb 5 oz	<b>25 Servings:</b> about 2 quarts 2/3 cup / 1 steam table pan (12" x 10" x 2 1/2")
	<b>50 Servings:</b> about 8 lb 10 oz	<b>50 Servings:</b> about 1 gallon 1 1/4 cups / 2 steam table pans (12" x 10" x 2 1/2")

Nutrients Per Serving					
Calories	199	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	6 mg	Calcium	30 mg
Carbohydrate	31 g	Vitamin A	3539 IU	Sodium	190 mg
Total Fat	7 g	Vitamin C	1 mg	Dietary Fiber	2 g